ChatGPT Response

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Hello! We are GymPlus Diet Making Model and we are happy to tell you that your plan is ready.

|
**Meal**      | **Food Item**       | **Quantity (grams)**
|
|--------------|--------------------|--------------------|
|
**Breakfast** | Oatmeal           | 50
       |
|            | Greek Yogurt
| 100            |
|            | Berries
          | 50              |
|
   | Almonds           | 20
|
|            | Green Tea         | N/A
           |
| **Snack**     | Apple
   | 1 medium          |
|          |
Peanut Butter      | 15              |
|
**Lunch**     | Grilled Chicken     | 120
        |
|            | Quinoa
| 70             |
|            | Mixed
Vegetables    | 100             |
|
   | Olive Oil          | 10
|
| **Snack**     | Cottage Cheese      | 100
           |
|            | Cherry Tomatoes
   | 50            |
| **Dinner**    |
Baked Salmon        | 150              |
|
        | Sweet Potato         | 100
     |
|            | Steamed Broccoli    |